Answer on Question #52382, Physics, Electromagnetism

The work needed to lift the object of mass m to a height h is $A=mgh$, where g is the gravitational acceleration of the Earth. Since we are given weight $P=mg$, the work might be expressed as $A=Ph$.

Making calculation, obtain $A=294\,N \cdot 1\,m = 294\,J$. That is the work needed to lift the refrigerator back in a truck.